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THE MAN WHO WOULD BE MARTIAN?

SASKATOON'S JUSTIN SEMENOFF TALKS HIS EARTHBOUND (FOR NOW) LIFE PAGE 2

SO GOOD AT BEING BAD

Leonardo DiCaprio accepts the award for best actor in a motion picture, musical or comedy for his role as a corrupt stockbroker in The Wolf of Wall Street during the 71st annual Golden Globe Awards on Sunday. More coverage, page 8. PAUL DRINKWATER/NBC/THE ASSOCIATED PRESS

Lineups swell for vaccinations

Flu fears abound.
Province prioritizes shrinking supplies to pregnant women and children under five

MARCO VIGLIOTTI
Metro in Regina

Long lineups greeted invitation-only flu vaccination clinics in Regina and Saskatoon this past weekend as health regions continued to grapple with increased demand in the face of renewed fears of the deadly H1N1 strain.

"We had 700 doses of the vaccine left and we decided to hold a special clinic … and we're pleased that all 700 doses are going to be used," Bill Carney, communications consultant with the Regina Qu'Appelle Health Region (RQHR), said at a busy clinic on Sunday in the city's north end.

While those influenza shots represented the RQHR's final supply for the near future, Carney said the health region will receive an unspecified quantity of 12,000 nasal-spray doses of vaccine from the Saskatchewan government next week.

The amount of vaccine — and who will be eligible to receive it — is still unknown, he said, adding that it's possible that the health region will receive more injectable doses in the near future.

Sunday's clinic in Regina and one on Saturday in Saskatoon were limited to pregnant women and children under the age of five, as the province prioritizes its shrinking supplies of vaccine to those with the highest risk of contracting the flu — H1N1 or other forms.

After cancellations of mass immunization clinics in Regina earlier in the week, Deanne Slywka expressed relief that her young son Blake, who suffers from asthma, was able to receive a shot on Sunday.

"We definitely didn't want him to get the flu.… When they cancelled the clinics, we had a little bit of a panic," Slywka said.

"It was definitely a little frustrating (that the clinics were cancelled)."

There have been about 630 confirmed flu cases and seven related deaths in Saskatchewan this season — numbers that Carney said are average.

Carney speculates that heightened fear, specifically of the more dangerous H1N1 strain, has fuelled a surge in demand for the vaccinations and has outstripped the region's limited supplies.

"We were shocked at the turnout last week. We were expecting maybe 500 people over a four-hour period.… We got 1,365 each night," he said.

"Once people realized it was H1N1 … it spiked public interest."

The RQHR bases its influenza shot orders on historic patterns, Carney said, explaining that the short shelf life of the vaccine makes selecting the optimal quantity difficult.

"We can't overbook vaccinations — (the shots) are only used once," he pointed out.

"You have to get a different flu vaccine for next year."

NEWS 1

A morning with Sask.'s Mars One candidate

One of 1,058 short-listed for project. Justin Semenoff is a normal guy who could end up living on Mars

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Justin Semenoff, one of 1,058 people from around the world shortlisted for the Mars One project, has a cup of coffee here on Earth at his Saskatoon home on Sunday. MORGAN MODJESKI/METRO

Waking up at 5:30 a.m. for a light breakfast of a bagel, a handful of trail mix and a variety of vitamins, Justin Semenoff is a pretty normal guy.

A skilled blacksmith, a father of one son and a combat engineer with the Canadian Forces, you wouldn't take a second look at Semenoff when he's shopping at Co-op in Saskatoon's Stonebridge neighbourhood or while he's out for a bicycle ride. But there's something unusual about this 35-year-old Saskatchewanian.

Semenoff, alongside 75 other Canadians, has been short-listed from among 200,000 applicants as a candidate for the Mars One project — an ambitious endeavour with a goal to launch the first human colony on the Red Planet in 2025.

However, despite the daunting nature of his potential mission, he's continuing to live a normal life on Earth.

Describing himself as not a "hugely public person," Semenoff points out that being short-listed to travel to Mars has taught him skills and prompted him to want to become an ambassador for the mission.

"It's a good learning lesson," he said over a cup of coffee at his home.

"The entire venture, if it ends tomorrow, has been worth it."

An hour after breakfast, Semenoff travels from his condominium to what he calls his "second home" — Diekema Martial Arts in downtown Saskatoon. There, he's greeted by friends and sparring partners, whom he refers to as his "second family."

Semenoff generally trains two to three hours per session, three times a week. Studying taekwondo, jiu jitsu and kickboxing, he said martial arts serve as stress-relief, and help him focus.

"It really gives you something — a sense of accomplishment," he said.

Lifelong friend Stephen Procyk and gym owner Clint Diekema said they will miss Semenoff if — and, in their opinion, when — he is selected for the mission. Though Semenoff said he would miss his friends, it's not something he's thinking about.

"It falls into the same category as family. How do you get up and leave them forever?" he asked, as sweat poured down his face.

"But with great accomplishment comes great responsibility and sacrifice … I'll focus on that when — and if — that time even comes."

Two women arrested following city-wide joyride Sunday morning

At approximately 6:40 a.m., Saskatoon police received a report of a $30,000 car that had just been stolen while left running and unlocked in the 1000 block of Matheson Drive.

Police say the owner was forced to take a cab to work — while in the cab, he spotted his vehicle traveling on Circle Drive. The cab driver notified the police and kept the stolen car in sight while police responded.

The stolen car was driven through a restaurant drive-thru in the Stonebridge neighborhood, as police responded. Upon tracking the car down police decided not to chase it as it fled the area, but were able to quickly relocate it near Main Street and Cumberland Avenue. Police followed the car from a distance into the Sutherland/Forest Grove area where two females abandoned the car in an alley at Sparks Avenue and Evans Street.

A canine unit assisted patrol in the area and both suspects were apprehended. The 17-year-old female driver has been charged with dangerous driving, failing to stop for police and theft of a motor vehicle. She also had three criminal code warrants for her arrest at the time as she had previously breached the conditions of her release from court. The 19-year-old passenger has been charged with theft of a motor vehicle. Both are set to appear in court Monday morning. METRO

Israelis offer final goodbyes to Ariel Sharon

Former Israeli prime minister Ehud Olmert stands in front of the coffin of Ariel Sharon at the Knesset plaza in Jerusalem on Sunday. Sharon, the hard-charging Israeli general and prime minister who was admired and hated for his battlefield exploits and ambitions to reshape the Middle East, died Saturday, eight years after a stroke left him in a coma from which he never awoke. He was 85. ODED BALILTY/THE ASSOCIATED PRESS

'There will never be anyone else like him.' Former comrades, political allies and regular citizens flock to Jerusalem to pay respects to late leader

Israelis from all walks of life flocked to parliament Sunday to catch a glimpse of Ariel Sharon's coffin and pay their final respects to the iconic former prime minister and general.

A stream of visitors ranging from former army comrades to political allies to citizens who only knew him from afar remembered Sharon as a decisive leader, for better or for worse, and one of the final heroes of Israel's founding generation.

"Those who didn't know him from up close can't truly understand what a legend he was," said a choked-up Shlomo Mann, 68, who served under Sharon's command in the 1973 Mideast war. "There will never be anyone else like him."

The 85-year-old Sharon died Saturday, eight years after a stroke left him in a coma.

In a career that stretched across much of Israel's 65-year existence, his life was closely intertwined with the country's history. As one of Israel's most famous generals, the man known as "Arik" was renowned for bold tactics and an occasional refusal to obey orders. To his supporters, he was a war hero; to his critics, a war criminal.

As prime minister late in life, he was embraced by the public as a grandfatherly figure who provided stability in times of turmoil.

Israeli President Shimon Peres and former prime minister Ehud Olmert were among those who paused before the flag-draped coffin displayed in front of the Knesset and surrounded by an honour guard.

A state memorial is planned for Monday at parliament, followed by a funeral service at Sharon's ranch in southern Israel. U.S. Vice-President Joe Biden, former British Prime Minister Tony Blair and others are expected to attend the ceremonies. THE ASSOCIATED PRESS

Quoted

"(Ariel) was, first and foremost, a warrior and a commander, among the Jewish people's greatest generals in the current era and throughout its history."

Israeli Prime Minister Benjamin Netanyahu

Three stages

From soldier to statesman

Sharon's life will be remembered for its three distinct stages: First, his eventful and controversial time in uniform, including leading a deadly raid in the West Bank that killed 69 Arabs, as well as his heroics in the 1973 Mideast war.

Then came his years as a vociferous political operator who helped create Israel's settlement movement and masterminded the divisive Lebanon invasion in 1982. He was branded as indirectly responsible for the massacre of hundreds of Palestinians at the Sabra and Chatilla refugee camps outside Beirut when his troops allowed Lebanese militias into the camps.

Yet he ultimately transformed himself into a prime minister and statesman, capped by a dramatic 2005 withdrawal from the Gaza Strip. Sharon appeared to be cruising toward re-election when he suffered his stroke in January 2006.

Ottawa-area football team drops its controversial name

An Ottawa-area football team at the centre of controversy over its racially charged name has officially picked a new one.

The Nepean Redskins will become the Nepean Eagles as they enter their 36th year as a football club, the team announced on its website.

"The transition from the Redskins name and colours will take a few years yet, however there will be significant obvious changes this year; jerseys, helmets, scoreboard, etc," team president Steve Dean said in a note on site, where a promotional video goes over the history of the team, noting it was first called the Barrhaven Buccaneers when it was formed in 1978, before being renamed in 1981.

Quoted

"I'm ecstatic and look forward to many championships being won under 'The Eagles' moniker!"

Ottawa-based Ojibway hip-hop musician Ian Campeau, who waged a two-year-long campaign to get the club to change its name

No mention is made in the video of the two-year-long campaign waged by Ottawa-based Ojibway hip-hop musician Ian Campeau to get the club to change its name, nor of his eventually filing a human-rights complaint against the team in September.

Campeau complained that the Redskins team name was racist and insulting to aboriginal people.

SEAN MCKIBBON/METRO IN OTTAWA

The Vatican

Que. archbishop named cardinal

Quebec Archbishop Gerald Cyprien Lacroix was among a new batch of cardinals selected by Pope Francis on Sunday. THE CANADIAN PRESS

Vancouver

CN: Heavy rainfall caused derailment

A CN Rail spokeswoman has confirmed heavy rainfall led to a train derailment in the Vancouver area Saturday. THE CANADIAN PRESS

Bored Nation. Petition to make Ford an honorary American met with yawns

A petition to make Toronto Mayor Rob Ford an honorary U.S. citizen hasn't garnered much support.

The petition appears on the White House website under the headline: "Proclaim Robert Bruce 'Rob' Ford, the 64th Mayor of Toronto, An Honorary Citizen of the Unites States of America." Four people had signed it by Sunday afternoon.

Even though the petition had received a bit of media attention, there doesn't appear to be a great public stampede toward the cause.

The tongue-in-cheek petition says, "Mayor Ford is clearly a hero of humanity who deserves the very best. We therefore petition (President Barack) Obama to declare Mayor Ford an Honorary Citizen of the United States."

As of Sunday afternoon, the petition was 99,996 signatures short of the 100,000 required to get a White House response. THE CANADIAN PRESS

The meek shall inherit the girth — world's poor becoming fat

Tipping the scales.
Obesity no longer a first-world problem as more and more countries battle the bulge

ELISABETH BRAW
Metro World News in London

Fat fact: Overweight and obesity rates have almost doubled in Mexico since 1980, says U.K. think-tank Overseas Development Institute. GETTY IMAGES

For generations, Mexicans have enjoyed aguas frescas, a healthy thirst-quenching beverage. But today, they drink the most soda per capita in the world.

And the effect is showing up on health statistics: Today 33 per cent of Mexicans are obese, which makes them even fatter than the United States (32 per cent), according to the UN's latest figures.

"People's palates have been kidnapped," says Xaviera Cabada, nutritional health co-ordinator at El Poder del Consumidor, a Mexican nutrition organization. "People have become so used to salt and grease in junk food that when they cook traditional dishes, they use more grease."

Yet overweight Mexicans don't live in opulence. On the contrary, they're usually low-income earners.

Around the world, the poor are becoming fat. Just as Mexicans are abandoning their healthy grain- and fruit-based diet, others are ditching their inexpensive fare in favour of fast food.

According to the World Health Organization, obesity is still less common in low-income groups, but being poor is no longer a guarantee against the bulging waistline.

"Obesity is a big-time problem," says Hank Cardello, director of the Obesity Solutions Initiative at the Hudson Institute in Washington, D.C., and author of Stuffed: An Insider's Look at Who's (Really) Making America Fat.

"In the U.S. alone, it costs around $200 billion per year," Cardello said. "And there's the personal cost: Obesity is the portal to diseases like diabetes."

Nowhere is the obesity trend stronger than in Latin and South America's growing economies. Peru now has more fast-food restaurants per capita than any other country. In Guatemala, half of children suffer from anemia and stunting, while half of women are either overweight or obese.

"It's already showing results in obesity-related illnesses," reports Cabada. "So many people have diabetes now. If you ask a room full of Mexicans if they have diabetes, 80 per cent will say yes. And some people with normal weight have nutrition-related illnesses as well."

In 2011, 81,000 Mexicans lost their lives to diabetes — three times as many as were killed in the country's escalating drug war.

But even though countries face huge health-care costs, nobody can force people to eat better — or companies to make healthier food. The answer, says Cardello, is to show food giants that they'll improve their bottom line by reducing calories in their products.

"People want their Coke and potato chips," said Cardello. "The answer is not to take bad products off the shelf but to introduce healthier ones."

Even so, switching to a healthier cousin of the potato chip is just a Band-Aid on the global fast-food addiction. But Cabada sees a ray of hope: "Here in Mexico, people are noticing that they're getting fatter, so they're becoming more alert."

In poor taste

"People have become so used to salt and grease in junk food that when they cook traditional dishes, they use more grease."
Xaviera Cabada, expert at Mexican nutrition group El Poder del Consumidor

DEATH BY FOOD: WE'RE GETTING FATTER
The number of people who are obese (with a Body Mass Index of 30+) is ballooning worldwide. Metro looks how the world's developed and developing countries fare.
INCREASING OBESITY AMONG ADULTS
PARADISE LOST
Pacific Islands are home to world's most obese
USA – MEXICO COMPARISON
In recent decades, Mexico's obesity rates have more than doubled. Now the country is on par with the United States as one of the world's fattest nations.
PREVALENCE OF OBESITY AMONG ADULTS
DEATH BURDEN OF BULK
What is the death rate attributed to obesity-related factors (high BMI, blood pressure, cholesterol, glucose, physical inactivity)? United States has the highest but Mexico's rate is continuously rising and catching up.

Top 5 good fast-food innovations

1 Burger King Satisfries

French fries coated with a batter that helps the food product absorb less fat.

2 Campbell Soup Goldfish Puffs

A healthier version of the famous Goldfish snack, they're air-puffed, gluten-free and contain fewer calories.

3 McDonald's Premium McWraps

Sandwiches contain cucumber, tomatoes and lettuce. The chain has also introduced side salads as an alternative to fries.

4 General Mills Green Giant Roasted Veggie Tortilla Chips

The brand plans to introduce 10 more vegetable snacks.

5 Kraft colour-free Mac and Cheese

The all-American staple will now be sold in its natural colouring instead of using a bright artificial dye.

Gay man jailed for sending text message dies

Cameroon. Lawyer blames government for 34-year-old's death following a hernia

A gay man in Cameroon who was jailed for sending a text message to another man saying "I'm very much in love with you," and who was later declared a prisoner of conscience by Amnesty International, has died, according to a lawyer who worked on his case.

Roger Jean-Claude Mbede, 34, died Friday roughly one month after his family removed him from the hospital where he had been seeking treatment for a hernia, lawyer Alice Nkom said.

"His family said he was a curse for them and that we should let him die," she said.

Mbede was arrested in March 2011 in connection with the text message and convicted the following month under a Cameroonian law that imposes up to five years in prison for homosexual acts. He received a three-year sentence.

Cameroon brings more cases against suspected gays than any other African country, according to Human Rights Watch. The rights group said in a March 2013 report that at least 28 people had been charged under the law in the past three years.

Mbede developed the hernia while in prison. In July 2012, he was granted provisional release on medical grounds, according to Human Rights Watch, and went into hiding. An appeals court upheld his conviction in December 2012.

"I accuse the state," said Nkom. "If there had not been criminalization of homosexuality, he would not have gone to prison and his life would not be over ..."

THE ASSOCIATED PRESS

Unapologetic

Cameroonian officials have been unapologetic about their enforcement of the anti-gay law, and have rejected recommendations from the UN Human Rights Council to protect sexual minorities from violence.

The colour of democracy

An anti-government protester holds a national flag during a speech from the stage during a rally at the Democracy Monument in Bangkok, Thailand, Sunday. The protesters want caretaker Prime Minister Yingluck Shinawatra to resign and her government replaced by a non-elected interim administration, which will implement reforms they say are needed to stop corruption and money politics. APICHART WEERAWONG/THE ASSOCIATED PRESS

International deal

Iran agrees to slow down, open up nuclear program

Iran has agreed to limit uranium enrichment and to open its nuclear program to daily inspection by international experts starting Jan. 20, setting the clock running on a six-month deadline for a final nuclear agreement, officials said Sunday.

In exchange, the Islamic Republic will get a relaxation of the financial sanctions that have been crippling its economy.

The announcement that Iran and six world powers (Britain, China, France, Germany, Russia and the U.S.) had agreed on the plan for implementing an interim agreement came first from Iranian officials and was later confirmed elsewhere. Some U.S. lawmakers have been leery of the deal.

Deputy Foreign Minister Abbas Araghchi told IRNA state television some $4.2 billion in seized oil revenue would be released.

THE ASSOCIATED PRESS

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Put eggs in more than one basket

HOW TO ROLL
Alison Griffiths
metronews.ca

There has never been a better time to be defensive with stock market investments. Record highs of more than 25 per cent gains were reached in the American markets in 2013. Even though Canada and Europe lag, whatever happens to the U.S. in terms of a market decline will definitely affect everyone else.

An asset allocation will protect you by taking the emotion out of investing. You follow the asset allocation, not the fears, hopes and predictions littering the money world.

In 1990, Dr. Harry Markowitz won a Nobel Prize in economics after proving that diversified portfolios (don't put all your eggs in one basket) maximize return while minimizing risk.

In the end, minimizing risk is the single most important investing goal.

An asset allocation apportions your money among cash (GICs, high interest accounts), bonds and equities. The first two are often lumped together and called fixed income.

Cash is a good place to start. Its role is to cope with emergencies inside and outside a portfolio. Those outside the portfolio include unexpected expenses. Let's assume that your 100-per-cent equity portfolio dropped 40 per cent in 2008-09, but you needed to withdraw some funds. Without cash you would have had to sell investments at a huge loss.

Cash inside your portfolio also allows you to tweak your asset allocation during times of stock market emergencies. Say you chose an allocation of 15 per cent cash, 35 per cent bonds and 50 per cent equities. When the markets were slammed in 2008-09, the percentage in equities declined dramatically.

Cash offered the chance to buy more equities and bring the percentage back closer to 50 per cent. Here's where an asset allocation really shines. If 50 per cent equities is your chosen amount, when it drops to, say, 35 per cent you don't fret about whether it's time to buy back into the market. You just do it based on the percentages.

Anyone who used cash to follow a chosen asset allocation during the various market declines over the past 20 years is sitting pretty now.

Every Monday

Alison Griffiths is a financial journalist, bestselling author and broadcaster. Her new investing column, How to Roll, will run Mondays in Metro and at metronews.ca.

$350,000 hunting permit puts club in crosshairs

A taxidermist does some touch-up painting to an African elephant mount set up for the Dallas Safari Club Convention and Sporting Expo last week. The club came under fire after sponsoring an auction to raise money for conservation efforts where a permit to hunt an endangered African black rhino sold for $350,000 US. TOM FOX/THE DALLAS MORNING NEWS/THE ASSOCIATED PRESS

Mother Nature on the run?

Singer Neil Young compares oilsands to Hiroshima

Neil Young
THE CANADIAN PRESS

Singer Neil Young has launched a blistering attack on the Harper government and Alberta's oilsands.

Young told a news conference on Sunday as far as the governing Conservatives are concerned, "money is number one, integrity isn't even on the map."

The news conference was to kick off the first of four concerts aimed at raising support for an Alberta First Nations that is fighting development of Alberta's oilsands.

Young, who said he recently visited one of the oilsands sites, compared the pollution to Hiroshima, the Japanese city where the first atomic bomb was dropped during the Second World War. **THE CANADIAN PRESS**

Above, Blake as a happy 7 year-old.
Now you know where homeless adults can come from.

{ Blake, currently homeless }

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PESTICIDES RAISING ALARMS

URBAN COMPASS

Paul Sullivan
saskatoon@metronews.ca

Are you ready for Silent Spring the Sequel?

Back in 1962, American author Rachel Carson wrote Silent Spring, documenting the effect of pesticides, primarily DDT, on birds. You can tell by the title what that effect was.

Silent Spring led to the ban on DDT still in effect worldwide, and it is also credited with launching the environmental movement. To this day Carson is celebrated or vilified as a saint or Satan, depending on your point of view.

And now a Saskatchewan biologist is poised to write the next chapter in Silent Spring, with research showing that a new class of pesticides called neonicotinoids (mercifully shortened into neonics), touted as less toxic as the alternatives, could be responsible for destroying Prairie biodiversity, which would culminate in the awful silence of the birds.

Neonics are used to protect millions of acres of Saskatchewan's canola crop from pests. Biologist Christy Morrissey has been studying the effect of neonics on wetlands, and recently shared her work in progress with a CBC investigative journalist.

The news is not good, especially for the birds. One-and-a-half years into a four-year study, Morrissey has discovered that neonics linger in wetlands at concentrations up to 100 times higher than the levels regarded as safe. And bird and insect populations are falling — half of Canada's bird species are in decline. While it's not yet clear that neonics are the culprit, (and loss of habitat is clearly a big factor) residues are also turning up in insects and birds and Morrissey is worried. According to her research, 44 per cent of Prairie crops are treated with neonics, so they are hard to avoid if you're a bird.

Morrissey's research drags the Prairies into the global controversy over neonics that led the European Union to impose a two-year ban over the strenuous objection of European farmers. The reason: The mysterious decline of bees. This decline is critical, and not just for honey lovers, because bees, as pollinators, play a huge role in the annual success of food production. No bees, no crops. So those EU guys aren't fooling around.

Farmers argue that neonics are safer than the alternative organophosphates. And for years, Saskatchewan's deployment of neonics has been used to demonstrate they are safe. Although virtually all canola crops are treated with neonics, Prairie bees seem unaffected by the chemicals, producing 50 million pounds of canola honey a year, according to an Ontario field study (note: Funded by Bayer, which produces neonics).

You can understand why Morrissey feels a sense of urgency. There's a lot riding on her research. Or perhaps we should say flying: Mosquitoes, midges, bees, butterflies and birds. Back in 1962 we narrowly avoided at DDT catastrophe, thanks to Carson. And now, 52 years later, the song of spring may be threatened again. Will Morrissey be the next Carson?

ZOOM

Go Canada Go!

JEFF MCINTOSH/THE CANADIAN PRESS

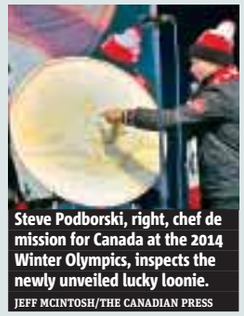
Olympians treated like rock stars

Natalie Spooner, a member of Canada's women's hockey team, high-fives Madison Armet, 13 months old, during a send-off party for Canada's Sochi-bound Olympic athletes in Banff, Alta., Saturday.

Hundreds of fans wished the country's Olympians good luck at the upcoming Games in Russia. METRO

Lucky charm

- The Royal Canadian Mint revealed its 2014 lucky loonie at the Banff block party.
- The coin is intended to be a good-luck charm for athletes and will be given to each member of the Canadian team. METRO



Steve Podborski, right, chef de mission for Canada at the 2014 Winter Olympics, inspects the newly unveiled lucky loonie.
JEFF MCINTOSH/THE CANADIAN PRESS

We've got Games

Team Canada is ready to make some noise in Sochi and Metro will be there to follow its athletes. Go to metronews.ca/gameon for the latest in video, photos, chat and news from the 2014 Winter Games.

Clickbait

LUKE SIMCOE
Metro Online

3D printing has been a tech buzzword for the past few years, and 2013 saw the phenomenon subjected to equal parts hype and hyperbole (3D-printed guns, anyone?). However, based on the offerings on display at this year's Consumer Electronics Show, 2014 may be the year when 3D printers become stable enough, user-friendly enough and cheap enough to make it into the mainstream. Here are just a few of the 3D printers that made waves at this year's CES:

MakerBot Z18:
MakerBot is definitely the company to beat when it comes to commercial 3D printers, and the Z18 is its new flagship. Capable of printing objects 12 inches wide and 18 inches tall, it's one of the largest printers on the market. It will retail for $6,499 US and come with access to MakerBot's digital store, billed as the iTunes of 3D printing.

ChefJet:
Billed as a 3D printer for foodies, the ChefJet can print candy, frosting and sugary garnishes. It comes with its own user-friendly software and retails for an estimated $5,000.

GETTY IMAGES

The da Vinci:
A budget entry by XYZprinting Inc., the da Vinci was one of the most affordable printers at CES. It's expected to ship by mid-March and will sell for a paltry $499.

Twitter

@metropicks asked: Tonight celebs at the Golden Globes will honour the best in Hollywood. Do you think these award ceremonies still matter?

@kmacnaull: Sometimes you need a break from the seriousness of the world and celebrate creativity, laughter & a great dress.

@RealMarcDunn: When fame & fortune aren't enough, only a globular hunk of metal will do. #GoldenGlobes #allwashedup

@SpenceShaun: Timeless Hollywood tradition to honor the hard work of countless individuals. Wouldnt happen if it didnt matter.

@mrscrazycakes: most of the movies don't matter. Why would the awards.

@77_tree: yes, a lot of hard work and dedication is put in bythese actors,its their job and this is a way to acknowledge it

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: saskatoonletters@metronews.ca

metro

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Stars gather for one last big show before Oscar time

Golden Globes.
Less-polished little sister of awards ceremonies full of off-kilter moments

NED EHRBAR
Metro World News in Hollywood

The stars of film and television packed the Beverly Hilton ballroom Sunday for the 71st Annual Golden Globe Awards. With the Academy Awards nominations just days away, the results from the Globes are expected to be a bigger factor than usual in this year's Oscar race.

While 12 Years a Slave lost out in its acting and directing categories, it won where it really counts, earning the Golden Globe for best drama and edging it ahead of main rival Gravity in the Oscar best picture race.

Amy Adams and Jennifer Lawrence certainly upped the chances for American Hustle, taking home best actress in a motion picture comedy and best supporting actress in a motion picture, respectively for David O. Russell's 1970s caper.

Leonardo DiCaprio earned his second career Golden Globe, taking home best actor in a comedy for the Wolf of Wall Street, making sure to poke fun at it being in the comedy category during his speech.

Matthew McConaughey and Cate Blanchett cemented their Oscar front-runner statuses with wins for Dallas Buyers Club and Blue Jasmine, respectively.

Jennifer Lawrence and her Golden Globe for her role in American Hustle.
ALL PHOTOS JASON MERRITT/GETTY IMAGES

Amy Poehler and Tina Fey returned for a second year of hosting duties. Poehler also won best actress in a TV comedy for Parks and Recreation.

McConaughey's co-star, Jared Leto, also a favorite for an Oscar nomination and win, earned the best supporting actor in a drama award for his transformative role in Dallas Buyers Club, while Alfonso Cuaron earned a Globe for his visionary directing in Gravity.

In the TV categories, HBO's Liberace biopic, Behind the Candelabra, continued the awards dominance it started at the Emmys in September with wins for the film itself and star Michael Douglas, while Breaking Bad enjoyed a post-series finale victory lap, nabbing Globes for the series itself and for star Bryan Cranston.

Netflix's House of Cards earned its first Golden Globe, going to Best Actress in a TV Drama winner Robin Wright.

Jacqueline Bisset, who won for her supporting work in the TV miniseries Dancing on the Edge provided the first awkward moment of the night with a pause-filled acceptance speech during which she worked in a profanity and advice from her mother: "Go to hell, and don't come back."

But that was just the beginning in a night full of off-kilter moments. Best song winner Alex Ebert started off his speech by recounting a party encounter with presenter Sean Combs.

Top of the Lake star Elisabeth Moss opened her best actress in a miniseries or TV drama speech with a simple, overwhelmed expletive, and best screenplay winner Spike Jonze, startled by music swelling up to play him off, countered with "Hey wait, I just got started."

The Best of Tina and Amy:

Three of their best quips:

- "[Gravity is] the story of how George Clooney would rather float away into space and die than spend one more minute with a woman his own age."
- "For his role in Dallas Buyers Club, [Matthew McConaughey] lost 45 pounds. Or what actresses call being in a film."
- "We're going to get this show done in three hours, or as Martin Scorsese calls it, Act One."

Bryan Cranston wins best actor in a TV series drama for Breaking Bad.

Online

For more red carpet looks and complete Golden Globes results, visit metronews.ca.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

Styles won't be keeping up with the Kardashians

STARGAZING
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Harry Styles, who is dating Kendall Jenner, has reportedly made it clear he will not appear on Keeping up with the Kardashians. "You're such a precious little thing," said Kris Jenner. "But I got Kanye West on the show. I think I can deal with you."

This past Monday was what is considered the most depressing day of the year. That is clearly nonsense, as Monday is when I heard that in the Wachowskis' Jupiter Ascending, Channing Tatum will play a half-wolf, half-human albino warrior. #sosohappy.

Billy Ray Cyrus is doing a hip hop remix of Achy Breaky Heart. As long as he isn't doing a Baroque remix of his mullet.

Hilary Duff and Mike Comrie. ALL PHOTOS GETTY IMAGES

No fairy-tale ending for Duff and Comrie

Ah, weekends. The perfect time to relax, sleep in, and grab brunch. Or if you're a celebrity, get married or divorced. So here are this past weekend's notable unions and dissolutions. First up is Hilary Duff and ex-NHL star Mike Comrie, who announced in a statement over the weekend that they "have mutually decided to an amicable separation" and will "remain best friends and will continue to be in each other's lives." The two are parents to toddler Luca, of whom they'll have joint custody.

Meanwhile, Pamela Anderson and pop culture footnote Rick Salomon (remember him? He's the guy who made Paris Hilton famous when he starred as the other half in that sex tape) announced their marriage over the weekend. "We're very happy," Pamela disclosed to E!. "Our families are very happy and that's all that matters." It's the second marriage for the couple — to each other. They were briefly tabloid fodder in 2007 when they were married for 10 weeks. **DOROTHY ROBINSON/METRO WORLD NEWS**

Bynes a no-show at fashion school

Amanda Bynes is going back to school — or at least, it seems she was planning to. The troubled former child star reportedly enrolled for classes that began last week at the Orange County campus of the Fashion Institute of Design and Merchandising, though she was apparently a no-show on the first day, according to E! News. Bynes had made it clear via her lawyer that once she was out of treatment at a psychiatric facility she wanted to pursue a career in fashion.

Amanda Bynes

Twitter

@ABFalecbaldwin
Abuse of political power is unforgivable.

@officialjaden
I'm Slowly Realizing I Need To Make A Trip Out To Norway

@Joan_Rivers
Heading back to NYC from L.A. Everything is so fake and plastic in L.A. — you'd think I'd fit right in, but I'm excited to be going home!

Push them out of the plane and stand back

Exclusively online

Be sure to read the latest from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book Reasons Mommy Drinks, at metronews.ca/voices.

Skydive Plane Parent. We've heard of helicopter parenting, but Metro's columnist has a new approach — allowing your kids to be (gasp) independent

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Don't baby them, they can handle making a sandwich and salad for lunch. ISTOCK

While watching a news segment on "Helicopter Parents," my daughter turned to me and said, "You're not a Helicopter Parent," which was not news to me. She continued, "You're more like a 'Skydive Plane Parent.' You push us out and don't look back." She paused and added, "You sometimes give us a parachute."

I am not sure if she meant this as a compliment or a complaint but I took it as the former.

Yes, I confess, I make my kids go to school when it's cold, but I don't think making your children go to school on a school day when it's safe to do so is pushing them out of a plane or otherwise. In fact, it is pretty much what we in the work world merely call "meeting expectations."

But maybe I'm harsh. I've also been known to let my son (then eight) start a dog walking business where he had to (gasp) walk the dogs on his own around our quiet neighbourhood. This resulted in calls from concerned parents that he was on his own (of course to which my response was, "I hope he had a dog with him or he's fired").

At age nine I let him ride his bike to school, by himself, crossing a busy intersection.

My 11- and 14-year-olds routinely get themselves breakfast, make their lunch and get out to the bus or walk to school when both my husband and I have to leave the house hours before they do.

They've been going to public washrooms by themselves since they could figure out the "M" versus "W" signs on the doors.

When my 14-year-old informed me I had to miss going out to a long-planned evening event because she needed me to help her study, as she had procrastinated, I answered with, "Are you new here?"

I had a good time at the event, thanks for asking.

I'm not always that mean. My 19-year-old son had his wallet and phone stolen in New Zealand, and I did help him. I cancelled the phone and his credit card.

Do these actions make me a "Skydive Plane Parent"? OK then. I push them, they keep coming back. Replace that umbilical cord with a rip cord. Give them the chance to exceed your expectations. **KATHY BUCKWORTH IS THE AUTHOR OF I AM SO THE BOSS OF YOU: A 8-STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS**

Resourceful animals still need winter help

The blast of polar air breaking records all over North America sent shelters and pet owners scrambling to keep sensitive paws and noses warm.

Veterinarians say the smaller the animal, the higher the risk of freezing to death. In dogs and cats, shivering and lethargy are two signs of trouble.

"The smaller you are, the more body surface you have, and the quicker you will lose body heat," said Dr. Douglas G. Aspros, immediate past president of the Illinois-based American Veterinary Medical Association.

If you need to warm a shivering animal, a quick and easy way is to heat a towel in the dryer and wrap it around them.

Many animals will be comfortable if they're moving but get cold when they slow down, said Dr. Brian Collins of the small animal clinic at Cornell University College of Veterinary Medicine in Ithaca, N.Y.

"They may refuse to walk because their feet are so cold," he said. "They might alternate picking up their feet because they don't want to leave them down too long."

Cats are probably the most resourceful animals in the cold, and feral cats are particularly hardy because they are so used to the outdoors, said Becky Robinson, president and founder of Alley Cat Allies in Baltimore.

But in this kind of a freeze, a helping hand could save a lot of lives, she said. She recommends putting water in plastic, rather than metal, bowls, with a pinch of sugar because it doesn't freeze as quickly, she said. It still has to be refreshed often, though. The vets warned drivers to check before starting cars because cats, domestic and feral, are drawn to warm engines and car hoods. An open clothes dryer is a warm spot that could lure an indoor cat, so keep the door shut.

Putting a coat on your dog isn't just a fashion statement. MARK LENNIHAN/ THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

More than just a pretty face: Spinach salad with squash, almonds and more

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

You'll be surprised to find the abundance of nutrients that exist in this delicious and attractive salad.

The spinach, butternut squash and pomegranate seeds give you a trio of daily required vitamins and minerals. Spinach contains antioxidants that can fight cataracts, heart disease and certain cancers. Butternut squash is an excellent source of vitamin A, which gives you better skin and better eyesight. Pomegranates are known to help combat prostate cancer and Type 2 diabetes.

To access the seeds from a pomegranate, slice horizontally and, over a bowl, tap the skin-covered half with a wooden spoon until the seeds release.

The candied toasted almonds give you a special treat when you bite into this salad and they are so easy to achieve. You can prepare these nuts in advance and keep them stored in any airtight container.

This salad explodes with flavour and super foods but you can add some grilled protein, such as chicken, fish or meat, to make it a complete meal. If meat isn't your thing, you can add one cup of cooked grains such as quinoa or brown rice.

Directions

1. Preheat oven to 375 F. Line two baking sheets with foil and lightly coat with cooking spray.

2. Almonds: rinse with cold water. Drain but do not let dry. Place them in a bowl and add the 3 tbsp of brown sugar, cinnamon, nutmeg and ground ginger. Toss to coat. Spread out on one prepared baking sheet.

3. Meanwhile, mix squash cubes with 1 tbsp brown sugar and 2 tbsp maple syrup and place on other baking sheet. Bake nuts 8 minutes just until nuts begin to brown. Remove and let cool. Then chop. Bake squash for 20 minutes or just until tender. Cool slightly.

4. Salad: place the spinach, pomegranate seeds and squash in a large serving bowl.

5. To make the dressing whisk together the garlic, mustard, cider vinegar, 2 1/2 tbsp maple syrup, olive oil, lemon juice and salt and pepper in a small bowl.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

Almonds
- 1/3 cup whole almonds
- 3 tbsp brown sugar
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp ground ginger

Salad
- 12 oz butternut squash, cut into 1-inch cubes
- 1 tbsp brown sugar
- 2 tbsp maple syrup
- 8 cups baby spinach
- 1/2 cup pomegranate seeds

Maple Dressing
- 1 tsp minced garlic
- 1/2 tsp Dijon mustard
- 1 tbsp cider vinegar
- 2 1/2 tbsp maple syrup
- 3 tbsp olive oil
- 2 tsp lemon juice
- pinch of salt and pepper

Pour the dressing over the salad and toss. Top with the chopped almonds.

This recipe serves six and contains 320 calories per serving. ROSE REISMAN

All you need is celery and a bit of imagination

Sadly, raw celery is often relegated to the veggie platter that hardly gets touched when there are more crave-worthy (and fattening) dishes to choose from. But it doesn't have to be that way! This January, eat your celery in a have-it-your-way salad.

This crunchy salad is seriously satisfying and elevates celery to gourmet status. The secret is in slicing the celery paper thin with a mandolin. A tart lemon vinaigrette and thin ribbons of real Parmigiano-Reggiano cheese enhance the dish.

It's also a great foundation for add-in. Dress it up with mushrooms, fennel, apples, pears, beets — all thinly sliced — and/or walnuts, even pomegranate seeds. Try any ingredients that suit your fancy. Just keep the two main ingredients — celery and Parmesan cheese — the same.

This recipe serves two. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 tbsp extra-virgin olive oil
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- Kosher salt and ground black pepper
- 8 ribs celery, very thinly sliced crosswise
- 2-oz chunk Parmigiano-Reggiano cheese
- Additional salad ingredients, as desired (fennel, sliced mush rooms, fruit, nuts, etc.)

1. In a medium bowl, whisk together the olive oil, lemon juice and mustard. Season with salt and pepper, then add the sliced celery. Toss well to coat, then divide the celery between 2 serving plates.

2. Use a vegetable peeler to shave some of the cheese over each serving, then add additional salad ingredients as desired. Mushrooms, pluots and fennel make an excellent combination with this celery base.

THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED.

Feeling a bit loonie? You've got Gail!

All hail Gail. Canada's reigning queen of cash Gail Vaz-Oxlade imparts some serious cents to today's students

Canadians have come to know Gail Vaz-Oxlade as the no-nonsense provider of penny pinching wisdom on TV shows Til Debt Do Us Part, Princess and most recently, Money Moron. The Jamaica-born mother of two has written a library of books on the topic of bad spending, and she's now focusing her attention on today's cash-confused post-secondary students and their parents. In this excerpt from her new book, Saving for School, Vaz-Oxlade uses hypothetical students Sonny and Darling to explain how they and their parents can best handle a lump sum of moola, the likes of which could come from a scholarship, a bursary or a summer spent saving.

Here are the steps to help Darling and Sonny make a plan for how they'll use their lump-sum money.

Step 1
List all the money they'll have from summer employment, scholarships, bursaries, RESPs (the annual lump sum they'll withdraw), gifts from relatives and loans, along with any other money they can scrounge.

Step 2
List the money they know they'll need to cover tuition, books and supplies, travelling to school at the beginning of the year and home again at the end (along with all the trips home in between), first and last months' rent or residence expenses, and the first grocery shop or student food plan.

Money on our minds

- Look out for features written by Gail Vaz-Oxlade in Metro in the weeks ahead, and keep your eyes peeled for her weekly column, which will debut on Feb. 3.

Step 3
Figure out an amount to set aside for emergencies. *Do not skip this step.* Emergencies happen. That's a part of life. Being financially prepared for them means Darling and Sonny will have options in terms of how they deal with those balls from left field. Being unprepared is immature and short-sighted. I recommend at least $500. Make sure you talk about what constitutes an emergency; not everything is worthy of emergency status, no matter how dramatic Sonny or Darling may be.

An emergency is something that threatens your health or ability to continue at school, such as:

• A laptop that suddenly dies (even if it's because someone poured beer over the keyboard ... yes, it really happened to the daughter of a friend of mine).
• A power outage that causes all the food in the fridge to rot (again, yes, it really happened to Alex in her second year at school, when she was living off campus and a tree fell on the power lines).
• A trip home to deal with a sick relative, the death of a family member or friend, or another unexpected family event.

Who is in charge of the emergency money? Darling and Sonny need to take responsibility for managing it. You do want them to act like grown-ups, right? Then you must treat them as such. That means if they blow all their "emergency" money on beer and then their laptop dies, you keep your hands out of your pockets.

More bang for your buck?

- Readers can visit metronews.ca to find more content from this excerpt, including advice on how to work out a plan for spending school money in the best possible way.
- Gail's Student Lump-Sum Money Worksheet will also be available for download.

Step 4
Subtract what needs to be spent from the lump-sum amount and divide the remainder by the number of months at school to give you the amount that will cover monthly expenses. If Darling and Sonny are in a traditional program that lasts eight months of the year (leaving them with four months to work and make money for the next year), they'll have to figure out their budget for eight months. So take whatever is left after the lump-sum calculation and divide it by eight. Some people do school all year round, in which case you'd have to stretch that money over 12 months.

If there's no money left after the lump-sum exercise, work will be a must. There are all sorts of ways for kids to make money or reduce their expenses. Both my editor, Kate, and Alex's BFF, Callie, were residence dons, which meant their room and board were covered.

Kids shelve books at libraries, serve coffee and make sandwiches, or work retail. There are some programs that are so intensive that a part-time job isn't an option, in which case maybe Momsie and Pops will pony up with some money to help on a monthly basis.

If there is money left, dividing it up sensibly is the only way to make it last. Regardless, you need to have some sense of where that money is going to go each month.

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NHL

Maurice replaces Noel as Jets coach

Claude Noel is out as coach of the Winnipeg Jets, replaced by Paul Maurice.

Noel was fired amid a five-game losing streak that dropped the Jets to 19-23-5 and 10 points back of a playoff spot.

Noel, hired after the Atlanta Thrashers moved to Winnipeg before the 2011-12 season, went 80-79-18 during his tenure with the Jets. THE CANADIAN PRESS

NHL

Sabres top Caps in a shootout

Cody Hodgson decided a lacklustre game with the only goal in the shootout, and the Buffalo Sabres avoided matching the longest road losing streak in franchise history with a 2-1 win over the Washington Capitals on Sunday.

Tyler Ennis scored in the first period, and Ryan Miller made 28 saves for the Sabres. THE ASSOCIATED PRESS

Soccer

Madrid wins without a goal from Ronaldo

With Cristiano Ronaldo missing his scoring touch, Real Madrid needed defender Pepe to score in the second half to secure a 1-0 victory at Espanyol on Sunday to pull within three points of the Spanish league co-leaders.

Ronaldo uncharacteristically wasted two clear scoring chances, while goalkeeper Kiko Casilla denied him on another three occasions. THE ASSOCIATED PRESS

The Drake equation

"We built up a personal relationship. I'm excited to see him begin his career here. I think that everybody's excited."

Hip-hop star Drake, who is downplaying his role in helping bring England soccer star Jermain Defoe to Toronto FC. In his role as MLSE's global ambassador, the 27-year-old Torontonian spoke to Defoe several times by phone during negotiations. MLSE president and CEO Tim Leiweke has said the calls made a difference.

The Broncos' Eric Decker returns a punt past Chargers punter Mike Scifres on Sunday in Denver. DOUG PENSINGER/GETTY IMAGES

Manning, Broncos bolt past Chargers

NFL. Veteran QB snaps playoff losing streak to advance and play Brady and the Pats

On Sunday

Broncos	Chargers
24	17

Peyton Manning welcomed Wes Welker back into the lineup with a touchdown toss and the Denver Broncos narrowly avoided a repeat of their playoff slip from last year, advancing to the AFC championship game with a 24-17 win over the San Diego Chargers on Sunday.

The Broncos (14-3) controlled the game for three and a half quarters before Philip Rivers capitalized on an injury to cornerback Chris Harris Jr. to stage a comeback reminiscent of Baltimore's shocking win at Denver exactly a year earlier.

This time, however, Manning rescued the Broncos from the brink of another crushing collapse and sent them into the title game for the first time in eight seasons.

They'll host the New England Patriots (13-4) on Sunday. Get ready for Brady vs. Manning once more.

In the most recent matchup of QBs with Hall of Fame credentials, Tom Brady and the Patriots rallied past Manning and the visiting Broncos 34-31 in overtime on Nov. 24.

Manning, in the playoffs for a record 13th season as a quarterback, ended a personal three-game post-season skid in winning for the first time since leading Indianapolis over the Jets 30-17 in the AFC championship game on Jan. 24, 2010.

Manning completed 25 of 36 passes for 230 yards and two TDs, numbers that weren't quite up to the standards he set during a record-breaking regular season when he established new benchmarks with 55 TD throws and 5,447 yards through the air.

THE ASSOCIATED PRESS

NFL. 49ers book return trip to NFC title game

Vernon Davis of the 49ers catches a touchdown against the Panthers on Sunday in Charlotte. GRANT HALVERSON/GETTY IMAGES

Colin Kaepernick and the San Francisco 49ers are headed to the NFC championship game once again — to face a familiar opponent in a place where they've struggled.

Kaepernick threw one touchdown pass and ran for another score as the 49ers shut down Cam Newton and defeated the Carolina Panthers 23-10 on Sunday to advance to the NFC title game for the third straight season.

Kaepernick completed 15 of 28 passes for 196 yards, avenging his worst statistical performance of the season two months ago against the Panthers.

The 49ers will visit Seattle next Sunday looking for a return trip to the Super Bowl.

San Francisco split two games with the Seahawks this season. The 49ers lost 29-3 at Seattle in September and were beaten 42-13 at CenturyLink Field in December 2012.

THE ASSOCIATED PRESS

4 SPORTS

Canada's Marie-Michele Gagnon celebrates on the podium after winning a women's alpine skiing World Cup super-combined event, in Altenmarkt Zauchensee, Austria, on Sunday. ENRICO SCHIAVI/THE ASSOCIATED PRESS

Gagnon unlocks the top spot with winning combo

Alpine skiing. Canadian women had not won a World Cup combined event in 30 years

Marie-Michele Gagnon ended a 30-year drought for Canadian women in World Cup combined events by earning her maiden victory on Sunday.

Gagnon was 1.37 seconds off the lead in 16th after the super-G portion but went ahead of the field after posting the second fastest time in the slalom run.

"It's really exciting, a magical moment," said Gagnon, who wasn't even born when Gerry Sorensen won a combined event in Puy Saint Vincent, France, on Jan. 8, 1984 for the last triumph by a Canadian woman.

"My teammate Erin Mielzynski won two years ago in Ofterschwang. She was the first Canadian woman to win in slalom in like 40 years. That was unbelievable and I didn't expect our team to make history again."

Gagnon finished in an overall two minutes, 5.55 seconds to beat second-place Michaela Kirchgasser of Austria by 0.32. Maria Hoefl-Riesch of Germany trailed Gagnon by 0.39 in third.

Nicole Hosp of Austria, who led the competition after the super-G, finished fourth.

"It's amazing. I was quite surprised," said Gagnon, whose only previous podium came in a slalom in Åre, Sweden, in 2012. "I didn't expect that after the first run. I knew I had to do a really good slalom run to be on the podium. I just tried to do my best and it looks like the pieces of the puzzle have come together."

The super-combined format was introduced at the start of the 2005-06 season to replace the classic combined races, which consisted of one speed run followed by two slalom legs. THE ASSOCIATED PRESS

We've got Games

Team Canada is ready to make some noise at the Sochi Games and Metro will be there to follow them. Go to metronews.ca/gameon for the latest in video, photos, chat, and news from the 2014 Winter Games.

Skiing

Riddle solves halfpipe for silver

Edmonton's Mike Riddle took second place in ski halfpipe Sunday at the U.S. Grand Prix.

Riddle scored 85.2 points, 3.8 points behind American David Wise who finished first on a snowy day that made the halfpipe a little slower than usual.

Justin Dorey of Calgary was sixth with 76.4 points while Vancouver's Simon d'Artois placed seventh with 74.4. THE ASSOCIATED PRESS

Figure skating

Abbott completes American 4-peat

Jeremy Abbott won his fourth U.S. figure skating title and all but locked up his second Olympic berth.

Teenager Jason Brown was second Sunday. The Americans will send two men to the Sochi Games, and while U.S. Figure Skating officials will look at past performances in picking the team, they are unlikely to deviate from the standings.

Defending champion Max Aaron was third. THE ASSOCIATED PRESS

Snowboard cross.

Maltais races to fourth straight podium finish

Canada's Dominique Maltais is now 4-for-4 in World Cup podium finishes this season after a silver-medal performance in snowboard cross on Sunday.

Eva Samková of the Czech Republic won the six-woman Big Final for the gold medal, edging Maltais in second, and Lindsey Jacobellis of the United States, in third. Maltais leads the overall World Cup standings with 3,400 points.

"I'm really happy with second place and I'm happy for Eva too because I think she deserved that win," Maltais said. "She was riding really strong."

Maltais led most of the way until she was passed by the Samková near the bottom of the course.

"I made a major error," said Maltais. "The course was pretty chewed up after being perfect all weekend and I lost some control. Still you have to give Eva credit. We were side-by-side the whole way and without my error it would have been very close at the finish."

It was Maltais' 35th career World Cup medal and her fourth this season. She won Saturday's race, on the same course as Sunday's, and was second at two World Cup stops before Christmas.

Dominique Maltais GETTY IMAGES FILE

Olympic champion Maëlle Ricker of Squamish, B.C., finished sixth.

The Canadian men had their best day overall this season with Kevin Hill of Vernon, B.C., a bronze medallist at the season opener last month, reaching the Big Final and placing sixth. Christopher Robanske of Calgary won the small final for seventh overall to equal his best result this season while Robert Fagan of Squamish was 12th. THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	45	29	14	2	129	98	60
Tampa Bay	45	27	14	4	132	109	58
Montreal	46	26	15	5	117	107	57
Detroit	45	20	15	10	118	126	50
Toronto	47	22	20	5	128	143	49
Ottawa	46	20	18	8	131	146	48
Florida	45	17	21	7	105	139	41
Buffalo	44	13	26	5	77	121	31

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	47	33	12	2	152	112	68
Washington	45	22	16	7	136	135	51
NY Rangers	47	24	20	3	118	124	51
Philadelphia	46	23	19	4	121	129	50
New Jersey	47	19	18	10	108	117	48
Carolina	45	19	17	9	111	128	47
Columbus	45	21	20	4	126	129	46
NY Islanders	47	18	22	7	130	152	43

Sunday's results
Buffalo 2 Washington 1 (SO)
NY Islanders 4 Dallas 2
Toronto 3 New Jersey 2 (SO)
Chicago 5 Edmonton 3
NY Rangers 4 Philadelphia 1
Minnesota 4 Nashville 0
Detroit at Anaheim
Saturday's results
Tampa Bay 6 Philadelphia 3
Montreal 2 Chicago 1 (OT)
Ottawa 2 Nashville 1 (SO)
Columbus 6 Winnipeg 3
New Jersey 2 Florida 1 (OT)
Colorado 4 Minnesota 2
Anaheim 5 Phoenix 3
Pittsburgh 2 Calgary 1
Detroit 3 Los Angeles 1
Boston 1 San Jose 0
Friday's results
NY Rangers 3 Dallas 2
Washington 3 Toronto 2
Columbus 3 Carolina 0
NY Islanders 2 Colorado 1 (OT)
Edmonton 4 Pittsburgh 3 (OT)
Vancouver 2 St. Louis 1
Monday's games — All Times Eastern
Calgary at Carolina, 7 p.m.
Tampa Bay at Columbus, 7 p.m.
Phoenix at Winnipeg, 8 p.m.
Vancouver at Los Angeles, 10:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	48	30	8	10	175	132	70
St. Louis	44	31	8	5	161	99	67
Colorado	45	28	12	5	132	115	61
Minnesota	48	25	18	5	118	119	55
Dallas	45	20	18	7	127	139	47
Nashville	47	19	21	7	109	141	45
Winnipeg	47	19	23	5	128	145	43

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	47	34	8	5	160	119	73
San Jose	46	28	12	6	148	116	62
Los Angeles	46	27	14	5	119	96	59
Vancouver	46	24	13	9	123	114	57
Phoenix	44	21	14	9	133	136	51
Calgary	45	15	24	6	101	144	36
Edmonton	48	15	28	5	126	169	35

Note: Two points for a win, one point for overtime loss.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	25	42	67
Kane, Chi	23	31	54
Tavares, NYI	20	34	54
Getzlaf, Ana	23	30	53
Thornton, SJ	5	45	50
Perry, Ana	25	24	49
Kunitz, Pgh	24	25	49
Sharp, Chi	25	23	48

Not including last night's games

NFL

DIVISIONAL PLAYOFFS

Sunday's results
San Francisco 23 Carolina 10
Denver 24 San Diego 17
Saturday's results
Seattle 23 New Orleans 15
New England 43 Indianpolis 22

CONFERENCE CHAMPIONSHIPS

Sunday, Jan. 19
New England vs. Denver
San Francisco at Seattle

SUPER BOWL

Sunday, Feb. 2
At East Rutherford, N.J.
AFC champion vs. NFC

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	29	7	.806	—
d-Miami	27	10	.730	2½
Atlanta	20	18	.526	10
d-Toronto	18	17	.514	10½
Chicago	17	18	.486	11½
Washington	16	19	.457	12½
Detroit	16	22	.421	14
Brooklyn	15	22	.405	14½
Charlotte	15	23	.395	15
New York	14	22	.389	15
Cleveland	13	24	.351	16½
Boston	13	25	.342	17
Philadelphia	12	25	.324	17½
Orlando	10	27	.270	19½
Milwaukee	7	29	.194	22

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	29	8	.784	—
d-Portland	28	9	.757	1
Oklahoma City	28	9	.757	1
d-L.A. Clippers	26	13	.667	4
Golden State	25	14	.641	5
Houston	24	14	.632	5½
Phoenix	21	15	.583	7½
Dallas	22	16	.579	7½
Denver	19	17	.528	9½
Minnesota	18	19	.486	11
Memphis	17	19	.472	11½
New Orleans	15	21	.417	13½
L.A. Lakers	14	23	.378	15
Sacramento	13	22	.371	15
Utah	12	26	.316	17½

d - division leaders
Sunday's results
Sacramento 124 Cleveland 80
Memphis 108 Atlanta 101
San Antonio 104 Minnesota 86
Saturday's results
Houston 114 Washington 107
Toronto 96 Brooklyn 80
Detroit 110 Phoenix 108
New York 102 Philadelphia 92
Oklahoma City 101 Milwaukee 85
Chicago 103 Charlotte 97
Dallas 110 New Orleans 107
Denver 120 Orlando 94
Portland 112 Boston 104
Monday's games — All Times Eastern
Milwaukee at Toronto, 7 p.m.
Houston at Boston, 7:30 p.m.
Phoenix at New York, 7:30 p.m.
Washington at Chicago, 8 p.m.
San Antonio at New Orleans, 8 p.m.
Orlando at Dallas, 8:30 p.m.
Denver at Utah, 9 p.m.

Horoscopes

♈ Aries
March 21 - April 20
No matter how many times you have fallen short in the past you will succeed this week so make the most of it – show the world what a star you really are.

♉ Taurus
April 21 - May 21
Don't listen to those who counsel caution. The only reason they don't want you to do anything adventurous is because they are worried it will make them look bad.

♊ Gemini
May 22 - June 21
Your values will change in important ways over the next few days, especially in how you look at money. What you need to learn is that it's not what you earn that counts but what you do with what you've got.

♋ Cancer
June 22 - July 23
Even if you disagree with someone on a point of principle you can still work together, so stay on good terms and seek a compromise solution.

♌ Leo
July 24 - Aug. 23
You may know what you are after but you still need help in getting it. If you don't ask for assistance today you may find yourself being left behind on the work front.

♍ Virgo
Aug. 24 - Sept. 23
The Sun is on your side and your confidence is high, so do something special over the next few days. By this time next week it won't be so easy to stand out, so give it your all, creatively and romantically, while you can.

♎ Libra
Sept. 24 - Oct. 23
You may feel sorry for someone whose luck appears to have deserted them but you are still advised to keep your distance and not get personally involved.

♏ Scorpio
Oct. 24 - Nov. 22
You seem to be more open towards strangers than usual and that's good because someone you meet over the next few days could become not just a friend but also a business partner.

♐ Sagittarius
Nov. 23 - Dec. 21
Something will happen over the next 24 hours that makes you feel a lot better about your long-term prospects. It will also make you realize that wealth is as much a state of mind as anything else.

♑ Capricorn
Dec. 22 - Jan. 20
The Sun remains in your birth sign only until the 20th, so you have a week to make things happen. You can still make things happen after that date but there will be more obstacles for you to overcome.

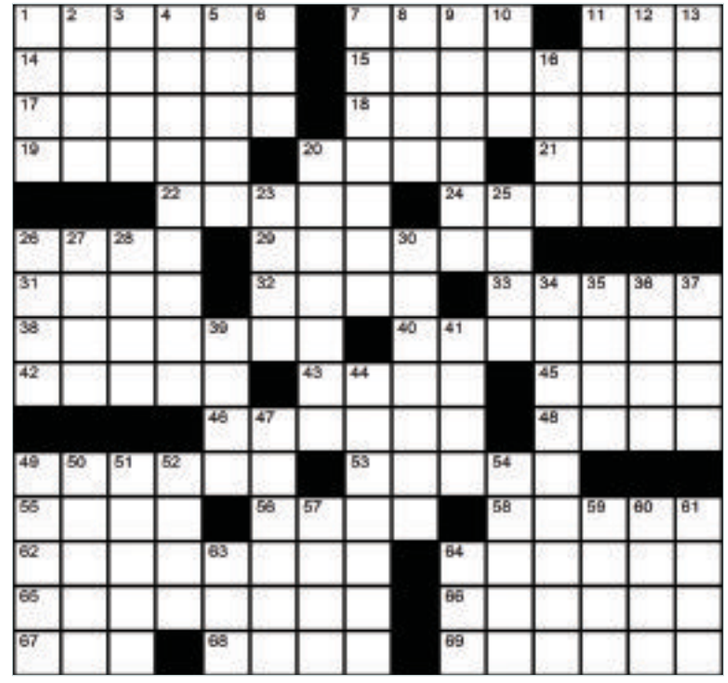
♒ Aquarius
Jan. 21 - Feb. 19
You will take the chance to help someone in need and won't think twice about it. However, make clear that you expect them to look after themselves after that.

♓ Pisces
Feb. 20 - March 20
You will leave your task to the last minute today – and because you have to act fast and without thinking will most likely make a good job of it. Living on the edge is OK but not all the time. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

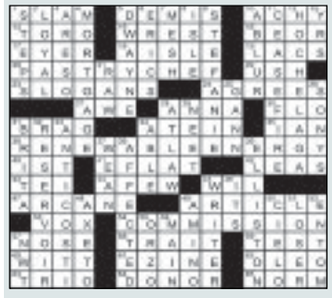
BY KELLY ANN BUCHANAN



Across
1. Jewellery fasteners
7. Rapini, aka Broccoli __
11. Caesar's 1002
14. Hilo's home
15. They lay in northeast Alberta: 2 wds.
17. Wired to the web
18. Drew and Jonathan Scott, The Property __
19. "It __ Me" by Shaggy feat. Rikrok
20. MGM co-founder, Marcus __
21. Francoise's friend
22. Baseball: Up __ __
24. Lowest
26. "The Exorcist" (1973) actor, __ _. Cobb
29. Ms. Bronte's
31. "Pay __ __ mind."
32. Pet shelter org.
33. __ d'art
38. Advocate: 2 wds.
40. Castle towers
42. Tuscan city
43. Chemical suffixes
45. Mr. Estrada
46. Silk-like fabrics
48. Partners for Tacs (Mint candies)
49. Those using the '+ sign'
53. Music: Sister duo from Australia
55. Tide type
56. After mil. combat affliction
58. "Monster-__-__" (2005)
62. Ottawa-__, Canada's Capital Region
64. '80s series, "Remington __"
65. MuchMusic's legendary "__ Circus"
66. Breadwinner
67. Business name abbr.
68. Diner side order
69. Region of France

Down
1. Purina Cat __
2. Ms. Turner
3. Cobbler's tools
4. New Brunswick city: 2 wds.
5. Patched-coat horse
6. "Sprechen __ Deutsch?"
7. "I wanna be reprogrammed." goes this Hannah Georgas tune
8. 'Million' suffix
9. Move, as tumbleweed: 2 wds.
10. Cheers __. 1895
11. Boeotian Muse of memory
12. "Mandela: Long Walk to Freedom" (2013) star Mr. Elba
13. "The table __ __!" (Suppertime exclamation)
16. Gotchas!
20. Eel variety
23. Kiss, in Madrid
25. Biblical instrument
26. Gloss-placing spots
27. Dainty case
28. 'Susp' suffix
30. Grew less light in the day
34. Some denizens of Nova Scotia, Cape __
35. Ms. Ryan of "Star Trek: Voyager"
36. 'Synth' suffix
37. Disapproves
39. Hilary of "Love It or List It"
41. Known-by-letters land
44. 1668: Ship in the Hudson's Bay Company's history
47. Kansas motto: 'Ad astra per __' (To the stars through difficulties)
49. Winged figure
50. Gave out
51. Courted
52. Heroic
54. Winnipeg area, St. __
57. __ Cocktails, Mai __
59. Ms. Horne
60. Novelist Mr. Waugh
61. Are, in the past
63. Utmost degree
64. Baltic, for one

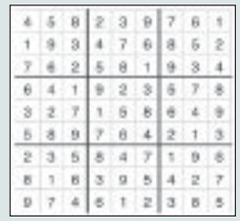
Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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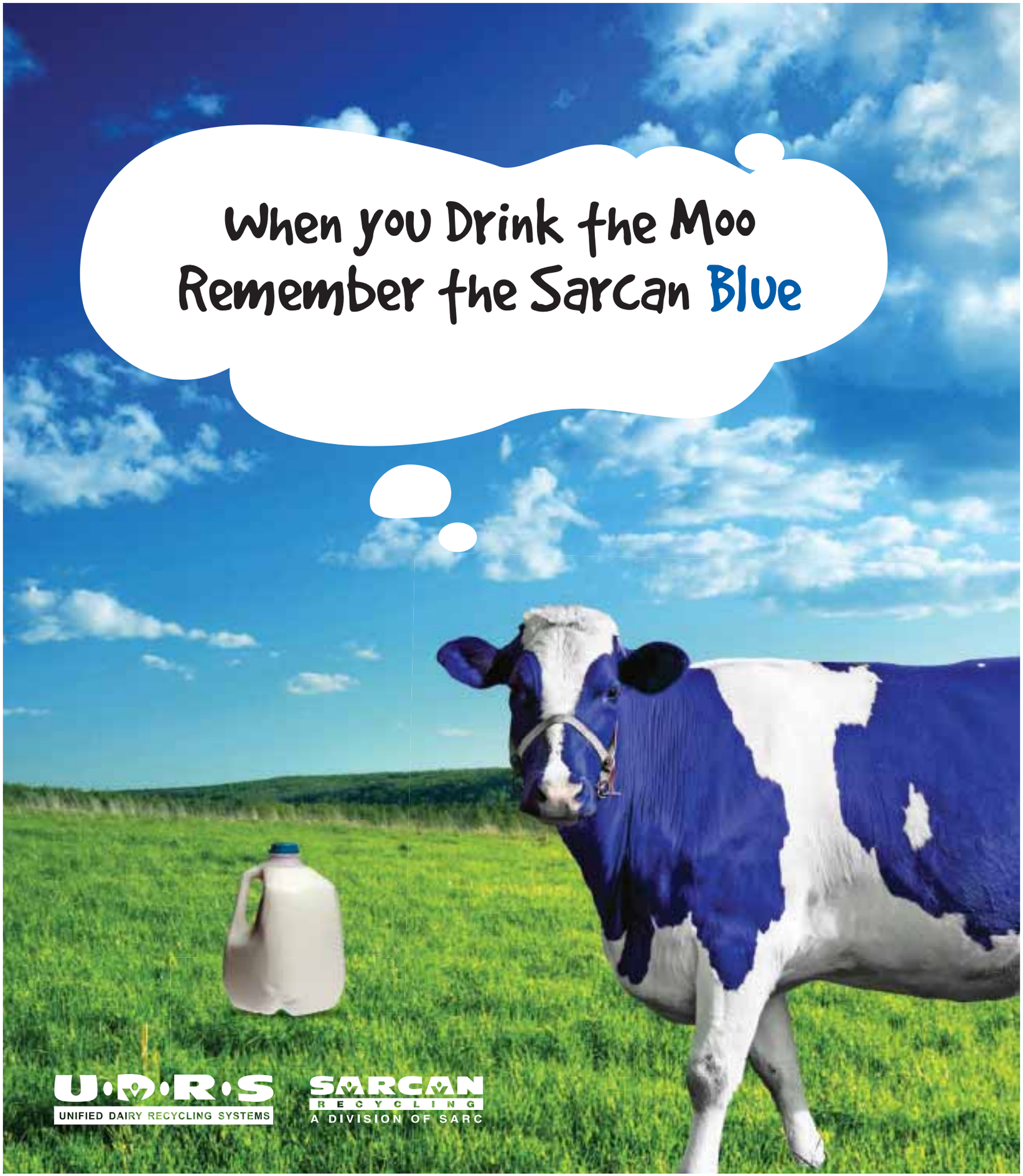
When you Drink the Moo
Remember the Sarcan Blue
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SARCAN
RECYCLING
A DIVISION OF SARC